



FITNESS ADDS UP!

September 2007

FUN FACT

Drink, drink, drink... No matter what type of physical activity you do, you should always be sure to drink plenty of water before you start, during activity, and after you're done, even if you don't feel thirsty.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Children should engage in at least 60 minutes of daily physical activity.</i>		<i>The integration of physical education and math ADDS UP!</i>		1
2	3 Do 17 minus 8 cartwheels.	4 Jump rope 10 times your age.	5 Predict how many times you can catch a ball in 1 minute. Go!	6 Count to 25. Then do 25 side to side jumps.	7 Make up a dance that has 4 x 4 beats. Clap the beat!	8
9	10 Play hopscotch for 16 minus 11 minutes.	11 Pass a ball around your waist 3 + 5 times. Repeat 3 times.	12 Do 4 sets of 8 sit-ups. How many sit-ups is that?	13 Hold 3 different stretches for 33 seconds.	14 Touch a wall in each room. Repeat 3 times. How many touches?	15 
16	17 Use your hands to measure how far you can throw a ball. Repeat.	18 Jump rope 15 times for every member of your family. How many jumps?	19 Dribble a ball 16 times with your left hand and 20 times with your right hand.	20 Keep a balloon in the air as long as you can. How long?	21 Spell words while you skip. How many words did you spell correctly?	22
23/30	24 Run in place for 30 seconds. Do this 3 times. How long did you run?	25 How old are you? Do that many tuck jumps!	26 Leap 10 times and then measure the distance. Try again.	27 Dance 1 minute for each letter in your name.	28 Do 5 x 2 pushups.	29